



➤ *Ananda Holistic Detox*

Toxins constantly build up in the body due to pollution and other environmental factors leading to lack of energy, weight gain, inflammation and related issues. Detoxification focusses on toxin mobilisation and their removal by stimulating the liver to filter toxins from the body. It *cleanses* the entire digestive system to optimize digestive capacity and assimilation process, metabolic activities and evacuation abilities, improving the circulation of the blood and lymphatic systems, and finally *nourishing* the body with essential nutrients post detox completion.

The ultimate goal is to detoxify both the *mind and body* of harmful toxins and negative thoughts in a controlled and safe manner.

Ananda's signature Holistic Detox programme uses detoxifying experiences along with yoga, meditation and a dosha (body type) specific diet. It cleanses the digestive system including the organs attached to it like the liver, gallbladder and pancreas with the help of shodhana methods of Ayurveda, yoga, and oriental therapies. Personalized fitness sessions with a focus on cardiovascular exercises, light muscle toning and passive stretching improves the circulatory function thereby helping the mobilization of toxins and metabolic wastes accumulated in muscles and circulatory pathways. Dosha based diet made from fresh ingredients with balanced micro and macro nutrients helps to balance the agni or metabolic power in the body.

Ananda's Foundation Holistic Detox Starter for 5 nights is a perfect introduction to those who have not experienced a Detox before. Ayurvedic and international therapies, and personalised meal plans are used to optimise metabolism, and initiate the process of mobilising toxins in the body.

The Comprehensive Holistic Detox Programme starting 7 nights, flushes out toxins from the entire system by various ayurvedic cleansing methods. Yoga asanas and breathwork release the physical as well as psychic blockages. Yogic cleansing techniques help to flush out toxins from the oesophagus, and sinuses. Personalised detox diets optimise metabolism and aid in the cleansing process and replenishing vital nutrients in post detox nourishment. The comprehensive Holistic Detox programme helps achieve an increase in energy levels, improved focus and concentration, better digestion and absorption of nutrients, better immunity and stamina, glowing skin and toned body.

Holistic Detox	FOUNDATION		COMPREHENSIVE	
Inclusions	5 nights	7 nights	14 nights	21 nights
THERAPIES				
Ayurveda	2	2	7	10
International	3	6	14	23
Oriental		1	3	5
Cleansing	1	3	6	11
PERSONAL SESSIONS				
Yoga		1	3	4
Pranayama		1	2	3
Meditation		1	1	2
Fitness		1	4	5
CONSULTATIONS				
Ayurveda	1	1	1	1
Physiotherapy		1	1	1
Emotional Healing		1	1	1

